



SACRED HEART SPECTATOR

Sacred Heart Catholic Elementary
Proud Member of the Saint Michael Catholic High School Family of Schools



Principal: Mr. J. Romeo
Superintendent: Mr. D. Massi

School Secretary: Mrs. D. Pyley
Parish Priest: Fr. Stuart MacDonald

ISSUE #2 – OCTOBER 2024

THANKSGIVING PRAYER

Give Thanks...

For all blessings that are ours, for all our food, for lovely flowers,
Give Thanks!
For trees that give us fruit to eat, for winter cold and summer heat,
Give Thanks!
For Mother’s love and Father’s aid, for all the wonders God has made,
Give Thanks!
For friends and toys with which to play, for restful night and joyous day,
Give thanks!
May the almighty and merciful God bless and protect the Sacred Heart Community.
Amen.



THANKSGIVING FOOD DRIVE



Under the leadership of Mrs. Colavecchia, our newly formed Sacred Heart Student Council 2024-25 will be spearheading Sacred Heart’s Thanksgiving Food Drive that is beginning Oct. 1 and runs through to Thursday Oct 10. We ask that you please bring in a non-perishable food item. Your child can bring the non-perishable food items to their classroom.

Thanksgiving is a time to be thankful for all of our blessings & to thank God for the bountiful Harvest that He has given us and to share with those less fortunate. The class that brings the highest number of items will be awarded a “Pizza Party Lunch”. Thank you for your support & for making a family’s thanksgiving one to remember this year. God Bless you!

MEET THE TEACHER NIGHT

The confirmed date we have booked is **Thursday October 3, 2023**.

Meet the teacher runs from 6 -7 p.m. There will be three 20 min sessions to accommodate those families with more than one child.

- 6 – 6:20 p.m.
- 6:20 – 6:40 p.m. and
- 6:40 – 7 p.m.

SCHOOL PICTURE DAY!

Tuesday October 8 is Picture Day. Full dress code please and remember to bring a smile!!! Retakes are scheduled for November 14.



PA DAY – Friday October 11, 2024



FRIDAY October 11, 2024 is a professional activity day. There is no school for students on this date.

PURSE BINGO FUNDRAISER – SAVE THE DATE FOR THE EVENT & TICKET SALES DATE

A note from our Catholic School Council and a request to SAVE THE DATE!!.....

- Our Purse Bingo fundraiser is going to happen **Friday, November 29, 2024**. Tickets are \$50 per person and will be sold on a first come first serve basis. There are only 160 tickets available.
- Tickets will be sold in person at the school (Main office), **Friday October 25th from 8 – 9 a.m. CASH ONLY!**





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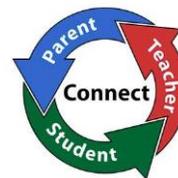
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CATHOLIC SCHOOL COUNCIL (PARENT COUNCIL) CORNER

On Tuesday, September 24th, the first meeting of the Sacred Heart Catholic School Council for the 2024-25 academic year was held. Congratulations to Mrs. Bocchinfuso and Mrs. Gagnon who will serve as co-chairs of this year's Sacred Heart Catholic School Council. The next meeting will be held on Tuesday, November 26th at 6:00 p.m. The meetings for the Catholic School Council will be noted on the calendar of the month they occur.



HALLOWE'EN AT SACRED HEART CATHOLIC & DANCE-A-THON FUNDRAISER!



The Student Council will be organizing a Hallowe'en Dance-a-thon for the students of Sacred Heart to be held in our gymnasium on Monday, October 31. Further information will be sent home by Friday, October 18th.

This activity will serve to increase school spirit, raise funds and allow this year's Student Council to take on a leadership role within the school. **ALL** students will be allowed to wear an *"appropriate for school"* costume on this day. As has been the case every year, costumes that are intended to scare or have blood or weapons are not allowed. Also, for our younger students please ensure that their costumes are not so intricate that they will require assistance to get in and out of them to use the bathroom. Students can also choose to wear orange and black clothing in the spirit of the day. **As is the case each year and in accordance with the nutrition policy, please do not send any candy in as they will be sent right back home.** We are doing what we can to follow the nutrition guidelines. If you have any questions, please feel free to contact the school and speak to Mr. Romeo.



HOLY CHILDHOOD WALK-A-THON

This year's Holy Childhood Walk will take place on October 18th, 2024. The money raised will fund specific projects in Third World Countries. We will begin our walk at approximately 2:00 p.m. You can place your donation online through School Cash online.

HOT LUNCHES & MILK PROGRAM

Hot lunches this month (orders are processed via School Cash Online):

Pizza Day – Thursday Oct. 10, 2024 (orders are due Oct 7)

Sub Day – Thursday Oct. 24, 2024 (orders are due Oct 21)

Milk sales and delivery will also begin this month. Milk orders will be taken for a 3-month period. Milk delivery for the 2024-25 school year begins the week of Oct. 7.



CELL PHONE USE IN SCHOOL & SOCIAL MEDIA ACCESS

To minimize distractions, students who bring their cell phones to school must have the phone stored out of view and turned off or onto silent mode during the instructional day. They may only use it if their teacher permits it for learning, for health or medical purposes, or to support special education needs. Outside of these times, students are expected to keep their phones turned off or on silent and have them stored away. Social media platforms on school networks and board devices will be disabled. This is intended to limit the number of interruptions in class and to benefit the mental health and well-being of students. Niagara Catholic



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already blocks access to some social media sites. Now all will be unavailable to students on the board network during the school day.

CIGARETTES, VAPING, OR NICOTINE, CANNABIS, OR ALCOHOL USE AT SCHOOL

To protect the health and well-being of students, the NCDSB will be installing sensors to detect vaping in schools. The Smoke-Free Ontario Act bans the use of any tobacco, nicotine, or e-cigarette (vape) on school property. Anyone under the age of 19 is prohibited from buying or possessing alcohol or cannabis. These substances, and any illegal drug, are prohibited on school property.

COMMUNICATION BETWEEN HOME & SCHOOL—QUESTIONS, CONCERNS OR COMPLAINTS

The Ministry of Education has given school boards new requirements on how to communicate with parents who have questions, concerns, or complaints. This information will also be shared on the Parents section of the Board website and school websites in time for the start of the new school year. The process is outlined below:

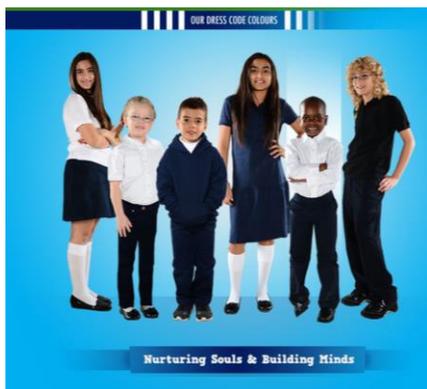
- Parents/guardians should expect a response to a concern within **two business days**.
- If parents have a question about a classroom-related matter, such as curriculum, homework, classroom behavior, or specific incidents, please contact the child’s teacher.
- If the parent cannot resolve the issue at the classroom level and/or have a question about school procedures, extracurricular activities, or safety concerns, please contact the school Principal.
- For issues unresolved at the school level or issues related to Niagara Catholic policies, procedures, resource allocation, or other concerns, please contact the Superintendent of Education assigned to Sacred Heart Catholic Elementary School.

PAYING FOR ALL SCHOOL ACTIVITIES

School Cash Online is an online parent portal that offers the safest, fastest and most convenient way to pay for activities at school. It is a safe and easy way to pay for things like school trips and hot lunch days. Online payment will be the only way to pay for school activities this year.

You can register @ <https://ncdsb.schoolcshonline.com>. If you have questions or concerns, you are asked to please give us a call at the school.

ELEMENTARY STANDARDIZED DRESS CODE



As you are aware, Niagara Catholic has an Elementary Dress Code for students. Details regarding the Dress Code can be found on the Board’s website.

Highlights include the following:

At a minimum, every student is required to wear one (1) of the following items:

- Navy Blue sweat pants for students in Early Learning Kindergarten to Grade 3 or;
- Navy Blue Pants (Dress, Cargo, Denim, Kobe, Corduroy style permitted) or;
- Navy Blue Skorts or Dresses or
- Navy Blue Walking Shorts or Capris or;



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- Grade 8 students have the option to wear grey secondary uniform pants. At a minimum, every student is required to wear one (1) of the following items;
 - Navy Blue or White Oxford shirt (short or long sleeve) or;
 - Navy Blue or White Polo shirt (short or long sleeve) or;
 - School designed spirit wear.
- Running shoes are the recommended footwear and socks must be worn.

NEW SPIRITWEAR PROVIDER!!



Please note that Bigbear Spiritwear will now be supplying Spirit wear and dress code items that will be available for sale via their website.

The direct link to our online page on BigBear's website is:
<https://www.bigbearspiritwear.com/sacred-heart-stars/>

Niagara Region Public Health School Health Newsletter October 2024

Don't Be Scared by Cavities this Halloween!

Keep your child's smile BOO-tiful this Halloween!

Here are some tips to help keep teeth healthy:

- Brush teeth twice a day for two minutes using fluoridated toothpaste
- Floss once a day
- Stay away from sticky, starchy and hard candy
- Limit sugary drinks. Drink water after eating tasty treats to rinse away sugar that may be stuck on your teeth.
- Book a FREE dental appointment at Public Health's dental clinics by calling 905-688-8248 or 1-888-505-6074 ext. 7399 or [live chat with us](#).

To learn more on how to keep your family's teeth healthy, visit www.niagararegion.ca/dental.

Help Keep the Classroom Germ Free – Stay Home When Sick

Fall brings the 'unofficial' start of respiratory illness season. This means that viruses that affect our respiratory system (for example our lungs and throat) begin to spread more often.

Help keep the classroom germ free by keeping your child home if they are sick. If your child is sick, they should stay home from school until:

- They have no fever, without the use of fever reducing medication **and**
- Their symptoms have been improving for at least 24 hours or 48 hours if they have nausea, vomiting and / or diarrhea **and**



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- They don't develop any new symptoms

Each year, different respiratory viruses can be spreading in our community at the same time. These viruses can have similar symptoms. This means it can be hard to tell what you are infected with based on just symptoms alone. For more information on, visit [Managing Illness - Exclusion periods](#) and our downloadable resource [Respiratory Illnesses: Protect Yourself and Others](#).

By keeping your child at home when they are feeling sick, you are actively helping to prevent the spread of infection and disease among the entire school community.

WALKTOBER

As the rush of the new school year starts to settle down, consider walking, biking or rolling with your child to school.

Join families across Niagara and the world in celebrating October's [International Walk to School Month](#) (Walktober). Kids who walk or bike to school arrive alert and ready to learn. If you live too far away to walk or wheel to school, try driving to a location near your school and walk the rest of the way. Using active transportation helps reduce congestion at your school.

This Walktober, enjoy [#ActiveSchoolTravel](#) and leave the car at home more often [@NiagaraParents](#) [@OntarioAST](#) [@NiagaraSTS](#)

Mental Illness Awareness Week 2024

This year, [Mental Illness Awareness Week \(#MIAW\)](#) is from October 1-7. Mental Illness Awareness Week is an annual national public education campaign designed to help open the eyes of Canadians to the reality of mental illness.

Mental Illness and Stigma:

Stigma is when people think badly of someone because of a certain characteristic or trait they have, which is seen as negative. This often happens because people don't fully understand things like mental illness. Stigma can lead to unfair treatment, which can be on purpose or by accident.

Some of the harmful effects of stigma can include:

- Hesitancy to get help or treatment
- Lack of understanding by family, friends or others
- Fewer opportunities for work, school or social activities
- Bullying, physical violence or harassment
- The belief that you will never succeed at certain challenges or that you can't make things better for yourself

You can help reduce stigma by educating yourself, being aware of your attitudes and behaviours and choosing your words carefully when you talk about mental illness and substance use disorders.

Helpful Resources:

- [Addressing Stigma](#)
- [Canadian Mental Health Association: Stigma and Discrimination](#)



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- [Words Matter \(CAMH\)](#)

Annual Memorial Forest Vigil:

The [Memorial Forest](#) seeks to reduce the stigma around mental illness and promote a greater understanding and compassion from the community as a whole. Each year, a Memorial Forest Vigil is held during Mental Illness Awareness Week to provide an opportunity to share stories of hope and success as told by individuals and family members living with mental illness.